

NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



NADAP E-GRAM

Vol. 2 No. 1

VISIT: [HTTP://NAVWEB.SPAWAR.NAVY.MIL](http://navdweb.spawar.navy.mil)

January 2004

Information contained in each NADAP E-GRAM will provide command leadership, ADCOs, DAPAs and UPCs with information which can be integrated into a commands ongoing Prevention Program to reduce alcohol and drug abuse and related incidents

NAVY'S TOBACCO CESSATION PROGRAM

Tobacco use is gaining momentum as a major policy concern for all services. Tobacco (or nicotine) addiction hurts military readiness and has an adverse effect on the safety and health of military personnel and their families. Tobacco addiction hurts military readiness due to productivity loss caused by illnesses and diseases attributable to tobacco use. There hasn't been a study conducted that documents any benefit from tobacco use--no health, financial, or social benefit to the individual Soldier, Sailor, Airman, or Marine! However, the most recent DoD survey on health related behaviors of military personnel show an increase in tobacco use among active duty military personnel, from 29.9 percent in 1998 to 33.8 percent in 2002--a 13.9 percent increase! Navy's strategy is to promote healthy lifestyles for Sailors and their families by providing Sailors with information on the negative effects of tobacco use and the benefits of being tobacco-free. Below are health and financial benefits of quitting or abstaining from tobacco.

Immediate Health Benefits of Quitting Tobacco Use...**

- 20 minutes after quitting: Blood pressure decreases.
- 24 hours after quitting: Likelihood of heart attack decreases significantly.
- Two weeks - Three months after quitting: Circulation/lung function improves.
- One year: Risk of heart disease cut by 50 percent.
- Five years: Chance for stroke reduced to same odds as never smoked.
- Quitting smoking reduces your risk of lung cancer by 30-50 percent after 10 years of abstinence (the longer you stay quit, the lower the risk).
- Risk of cancer of the esophagus reduced by 50 percent within five years of quitting smoking.
- Quitting smoking reduces risk of dying early by 50 percent within five years of quitting. After 15 years, risk same as never smoked!
- Risk of cervical cancer substantially lowered a few years after quitting smoking.

****American Cancer Society.**

Save Money:

Refer to the chart for real money savings!

Packs/Day	\$/Day	\$/Week	\$/Month	\$/Year
1	\$2.00	\$14.00	\$60.00	\$728.00
1.5	3.00	\$21.00	\$91.00	\$1092.00
2	\$4.00	\$28.00	\$121.00	\$1456.00
2.5	\$5.00	\$35.00	\$151.00	\$1820.00

This is based on the average cost of one pack of cigarettes. If you smoke a "name brand" cigarette, it is higher-and substantially higher if you reside in New York or other States with higher taxes on tobacco products. If there are two tobacco users in your household, multiply by two.

For information on Navy's Tobacco Cessation Program

log onto the NADAP website at:

HTTP://NAVDWEB.SPAWAR.NAVY.MIL

Select the "Tobacco and Your Life" icon.

Use Creative Discipline for Underage Sailors. Reinforce your command policy and consequences. For example:

- Underage Sailors with an alcohol incident - pull their advancement recommendation for 90 days.
- Require them to complete Skills for Life Computer Based Training.
- Upon completion of Skills for Life they can resubmit a request chit to reinstate their advancement recommendation.
- Set the tone!
- Did you know that almost half of all Navy's alcohol related incidents fall under this category of underage Sailors?

For more information on "Best Practices" log onto the NADAP website at:

[HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://NAVDWEB.SPAWAR.NAVY.MIL)

Select the "Prevention Works" icon.

What's Coming Up?

Upcoming NADAP Summits are scheduled as follows:

FY-04

19 - 23 January	Jacksonville/Mayport, FL
23 - 27 February	Pearl Harbor, HI
01 - 05 March	Guam
15 - 19 March	COMNAVRESFOR New Orleans, LA
12 - 26 April	Yokosuka, Japan
10 - 14 May	Millington, TN (ADCOS)
07 - 11 June	Sigonella/Naples, Italy
20 - 23 July	Bremerton/Whidbey Island, WA
16 - 20 August	Brunswick, ME/New London, CT
30 Aug - 3 September	San Diego, CA

For more information on NADAP Summits log onto the NADAP Website at:

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Select Education/Training

Alcohol Factoid

Did you know that through an All Hands effort, Navy reduced the number of alcohol related fatalities in FY-03 by 50 percent as compared to FY-02? With continued effort and awareness we can reduce number by another 50 percent. Let's remember, even a single alcohol related fatality is one too many.

Drug Factoid

Did you know that in FY-03, Navy's drug rate hit an "all time" low positivity rate of 0.42 percent, or 1,164 fewer Sailors testing positive for illicit drugs as compared to FY-02?

Did you know that of the 1,164 fewer Sailors testing positive for illicit drugs, 793 were Sailors under 21 who made a conscious decision not to use marijuana.

NADAP E-GRAM. If you or others are interested in receiving the NADAP E-GRAM via e-mail let us know by sending us an e-mail. Don't forget about the other valuable resources available on the PERS-6 website at:

[HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://NAVDWEB.SPAWAR.NAVY.MIL)

